



# Learn Right, Bee Bright

## Cooking Up Good Health



### Plans and Possibilities

Luann Shipley—Child Nutrition Director

Welcome back! The beginning of a new school year is always exciting — filled with plans and possibilities. At the Office of Education, we continue to work to provide you with excellent customer service.

We will continue to work to increase breakfast participation. If there are schools that offer lunch and not breakfast, please consider adding a breakfast program. Numerous studies show that hungry children can't learn. Classes in mathematics, writing and history are often offered in the morning. With high prices, parents are finding it hard to make ends meet. Offering school breakfast, especially in schools with a high percentage of free and reduced-price students, helps both the parents and the school. If we can help you with this effort, please contact us.

We want to thank all of you for your hard work on behalf of Utah's children! Many children in Utah receive their only healthy meal of the day because of your efforts. We're proud to work with you!

### CNPweb

Charlene Allert—NSLP Child Nutrition Assistant Director

By now, most of you should have received our letter telling you how to access the new CNPweb system to renew your agreement with us. The system is designed to be very user friendly, but if you have any problems, please telephone us. We hope you'll enjoy the convenience of being able to submit your claims electronically and see when the claims were paid (the due date for entry of your claims is still the fourth working day of each month). You'll be able to see, day-to-day, what program operations are approved at each of the sites you administer (no more paper!).

Throughout the year, when you want to make changes, simply go into the web page and do so. We'll be in touch with you via e-mail if there are any questions regarding your changes, but if your request is approved, you'll simply see it in the "Approved" column. The system should be much quicker, and you'll be able to see what programs are approved at each site by looking at the web page.

If you have any questions or concerns, please telephone me at (801) 538-7563.

### New Staff



Hillary Bushman and Janelle Rose are our two newest specialists.

Hillary has a major in health promotion and a minor in nutrition education. She's developed programs for the Boys & Girls Clubs using donated foods.

Janelle has an MS in food science and human nutrition and is a registered dietitian. She was formerly employed at the Wyoming Department of Education working as a nutrition program specialist.

### Issue Highlights

- ◆ CNPweb
- ◆ Certification and Verification
- ◆ Food Safety
- ◆ Best Practices: Cost Control
- ◆ Department of Defense (FFAVORS)
- ◆ Commodities Update
- ◆ Calendar of Events
- ◆ Recipes for Healthy Eating

## Certification and Verification

Charlene Allert, Child Nutrition Assistant

We know how hard each of you works in the fall to get free and reduced-price applications approved in a timely manner. As a reminder, be sure to use the most recent "Eligibility Manual for School Meals" (published in January, 2008).

Carryover of a child's prior year eligibility is required for 30 operating days of the new year or until a new application is received (whichever comes first).

If a child has a direct certification, either from the list provided to you from our office or because the parent has given you a copy of the letter sent out by our office, that trumps any application. If you receive a paper application from the parent and the direct certification covers the same time period, discard the paper application and maintain the direct certification on file.



You may accept faxed copies of free and reduced-price income applications from parents (see page 10 of the manual).

As you know, the applications are confidential and disclosure is only allowed in a limited number of circumstances. The new manual includes a directions regarding this issue and a list to help you with this question in Part 7 (starting on page 52). There is also a form which you must have the receiving agency complete in Appendix C of the manual.

Every school food authority must complete a verification yearly. The directions for this are in Part 8 of the manual (please discard any old directions you may have previously obtained from our office).

The method for determining the number of applications which will need to be verified will be determined via CNPweb. All verification reporting will be completed online this year (rather than on paper).

Through CNPweb, you'll tell us who was verified and the results of that verification. We hope you find the process easier than before!

The Free and Reduced-Price Application packets, Income Eligibility forms, and link to the Eligibility Manual are available on the Child Nutrition home page at [www.schools.utah.gov/cnp](http://www.schools.utah.gov/cnp).

Contact your specialist if you have any questions regarding application approval or verification. These are complex processes that we know only come up once a year, and we're happy to help!



National Food Safety Education Month

## National Food Safety Month

Matt Anderson—Specialist

September is National Food Safety Education Month. This year's theme is "Take Action to Prevent an Allergic Reaction." Training activities, posters, and promotional materials can be found at [www.nraef.org/nfsem/](http://www.nraef.org/nfsem/).

Weekly training themes include identifying common allergens, communicating with the customer, steps to take when a mistake happens, and symptoms of an allergic reaction.

Promotional activities suggested include food safety classes, a food safety awareness day/event, a media

campaign showcasing safe food production, displaying food safety links or information on websites, distributing food safety information to households, educating students (i.e., "Be a Pal: Protect a Life from Food Allergies" [www.foodallergy.org](http://www.foodallergy.org)).

The Be a Pal program focuses on these five steps: (1) Never take food allergies lightly. (2) Don't share food with friends who have food allergies. (3) Wash hands after eating. (4) Ask what your friends are allergic to and help them avoid it. (5) If a friend who

has food allergies becomes ill, get help immediately.

Some helpful tips on managing food allergies in the cafeteria are: (1) Know what to avoid and substitute. (2) Read labels. (3) To avoid cross-contamination, label or color code utensils and equipment. Designate special eating areas and cleaning supplies (rags/sponges). (4) Identify students with allergies for kitchen staff. Have correct documentation on file. (5) Communicate with parents, children, and staff. Log online at [www.foodallergy.org](http://www.foodallergy.org) for more information.

## Best Practices: Cost Control

Kim Loveland—Specialist

Worried about rising food costs? Here are some great tips from NFSMI and the USDA fact sheet, "Meeting the Challenge of Rising Food Costs for Healthier School Meals."

NFSMI shares this scenario. "If serving 1/2 cup (No. 8 scoop) instead of 1/4 cup (No. 16 scoop) increases the cost of one serving only \$.03, the serving cost of \$.03 multiplied by 600 customers would increase the cost of

one food item on the menu by \$18.00 for one day. If this occurred just 75 days during a school year, the cost would increase to \$1,350.00 per year. If this occurred 180 days (the average number of days per school year) the cost would increase to \$3,240.00 per year."

Here are some strategies to help control food costs and meet the 2005 Dietary Guidelines for Americans from

the USDA fact sheet: Serve beans and legumes more often as a protein choice, follow standardized recipes, emphasize the importance of portion control, plan and serve age-appropriate portion sizes, join a co-op to maximize purchasing power, serve more canned or frozen fruits and vegetables, plan accordingly to produce less waste, compare prices, buy foods in season, market for increased participation, and use commodities wisely.

## Food for Thought: Do You Know DOD?

Char Johnson—Technician

The Department of Defense (DOD) Fresh Fruit and Vegetable (FFAVORS) Program was created to provide schools with a wider variety of fresh produce than is available through normal USDA purchases.

Did you know the Department of Defense (DOD) allows you to use your 4 and 11 (local funding) to purchase products through their Fresh Fruits and Vegetables Order System, known as FFAVORS Web? We will be offering an information and training session following the fall business meeting for anyone interested in learning more or seeing how the system works. Russell Brooks from the Department of Defense will be presenting.

A message from Gail Labroschiano, Specialist Subsistence, Department of Defense: "I would like to extend the opportunity for you to order produce using your Sections 4 and 11 funds, (also known as your reimbursable funds).

"An individual account may be set up for your use just by letting me know. This account is convenient for the customer to order non-domestic produce like bananas or fruits packaged with dips, etc. By using this account, the schools may continue ordering produce all year round, or once their Federal Entitlement funds are depleted so there is no break in service. It is a simple process. When ordering, just click on the 'State' button in [FFAVORS](#) web. On the 25th of each month, a bill for

the produce the schools received will be mailed directly to the School District for payment."

With additional opportunities to use entitlement dollars towards fresh produce, 11 new schools are coming onto the program this fall. Remember, 1st quarter money must be spent prior to September 22, 2008.

For additional information about the Department of Defense Fresh Fruit and Vegetable program, visit their website at [www.fns.usda.gov/fdd/programs/dod](http://www.fns.usda.gov/fdd/programs/dod) or contact Char Johnson at (801) 538-7688 or by e-mail at [charlene.johnson@schools.utah.gov](mailto:charlene.johnson@schools.utah.gov).



## Commodities Update

Barbie Faust—FDP Specialist

With the implementation of the new web based site, [CNPweb](#), commodities is going to have a new face. The new web-based site will give recipients the capabilities to order commodities similar to the Electronic Commodity Ordering System (ECOS). The web site will also allow recipients to modify the warehouse release, order surplus commodities, and notify the State Office of discrepancies in

the USDA deliveries. Recipients will have just one site to monitor and track their USDA commodities.



### Commodities Training

December 1-5, 2008

We will have two trainings in the southern region of the state and two to four trainings in the northern region. Training to cover the new web site and commodity basics.

Additional information will be forthcoming.



## Upcoming Events

September is National Food Safety Month: "Take Action to Prevent an Allergic Reaction." Find additional information at [www.nraef.org](http://www.nraef.org).

Try to increase your fruit and vegetable intake in September during National Fruits & Veggies Month. Recipes, tips, and education tools available online at [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).

National School Lunch Week will be October 13-17. "Vote for School Lunch—Presidential Edition." Information at [www.schoolnutrition.org](http://www.schoolnutrition.org).

November spotlights American Diabetes Month. Learn more about diabetes at [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes).



**August 6-7**—New SFA Training, Orem

**August 7**—CRE/SMI Training, Orem

**September**—National Food Safety Month  
National Fruits & Veggies Month

**October 8**—Fall Business Meeting—North

**October 9**—Fall Business Meeting—South

**October 13-17**—National School Lunch Week

**November**—American Diabetes Month

**December**—Commodities Training

**“Promote the nutritional well-being of the Utah public, with a focus on children, so they may reach their full potential.”**



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**CHILD NUTRITION  
PROGRAMS**

[WWW.SCHOOLS.UTAH.GOV/CNP](http://WWW.SCHOOLS.UTAH.GOV/CNP)

Submissions, suggestions, and comments  
are welcome.

## ***Recipes for Healthy Eating***

**Utah Dairy Council**

[www.utahdairycouncil.com](http://www.utahdairycouncil.com)

Recipes (including nutrient information) from Becky Low are featured weekly on KSL 5. Many recipes incorporate lowfat dairy products.

**Heart Highway**

[health.utah.gov/hearthishighway/recipes](http://health.utah.gov/hearthishighway/recipes)

Recipes from the Utah Department of Health to incorporate more fruits and vegetables. Also find links to Fruit and Veggies—More Matters recipes, tips to cook the “Heart Healthy Way,” and information for people with diabetes.

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